



**Off trail Lessons Learned from Unforeseen Breast
Cancer Detours: *Dense Tissue Concerns
*Rehabilitative Challenges *Teenage and Family
Coping ... Approaches to Manage Pain and Fatigue**

Jenny Glikin R.N.

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This narrative describes, and by extension highlights, off-trail breast cancer topics; diagnosis challenges, why more complication awareness is needed, how complementary approaches can help manage ongoing pain and fatigue, the importance of medical self-involvement, and the potential long-term benefits of a double mastectomy choice. The medical perspective is part of the equation: the built-in barriers of the American health care system; the damaging effects of malpractice lawsuits; why physical therapy can be counterproductive; the reasons why breast cancer screenings are challenging for all parties involved; why different practitioners make different treatment recommendations, and how difficult it is to effectively manage breast cancer complications. Medical detours have personal and social repercussions. Therefore, this book incorporates in-depth personal insights and social scenarios. Marital challenges, along with ideas to help older teenagers through a parent's breast cancer diagnosis are part of the account, as are emotional and spiritual considerations. Part of the narration is a step-by-step journey, including a journal. The medical information is well-referenced, and books and websites are suggested on a variety of topics. An index is included in the printed version, references and websites are linked in the electronic format, and a detailed table of contents can be found in both versions. This book shows how active self-involvement, along with complementary approaches, might ease pain and fatigue, should help families cope with breast cancer challenges, and can improve quality of life after breast cancer treatment.

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